Cardiac Ready Communities

NORTH DAKOTA
DEPARTMENT *of* HEALTH

North Dakota
Cardiac System of Care

Where is your community?

Cardiac Ready Community

What do you think it means?

- Population-Approx. 400
- North Dakota Cardiac Ready Community Pilot Project

Powers Lake, ND

- This is a Cardiac Ready **Communities** project
- The Community must be engaged with the links of the Chain of Cardiac Survival
- Technology alone will not save people, people who are educated and aware will!
- For every minute without life-saving CPR and defibrillation, chances of survival decrease 7-10%
- 70% of Americans may feel helpless to act because they don’t know CPR or their training has significantly lapse.

American Heart Association. | MISSION: LIFELINE

STEMI & CARDIAC RESUSCITATION

IDEAL SYSTEM

Cardiac Arrest

- Unresponsive
- Not breathing normally

Community

- Hands Only CPR | Bystander CPR
- Early activation of 911
- Apply AED before EMS arrival

EMS ON-SCENE

- Minimize interuptions of CPR
- Encourage 12-lead ECG after ROSC
- Consider Destination Protocol

EMS Triage Plan

Receiving Hospital (PCI-capable)

- Initiate hypothermia <6 hrs from onset of arrest
- Consider early PCI
- Defer Prognosis assessment for 3 days
- Consider need for ICD before discharge

Interhospital transfer

Referral Hospital (non PCI-capable)

- Initiate hypothermia <6 hrs from onset of arrest
- Consider trasfer to resuscitation receiving center if unconscious and hemodynamically stable

Five Links in the Chain of Survival

- Immediate recognition of cardiac arrest and activation of the emergency response system
- Early CPR with an emphasis on high quality chest compressions
- Rapid defibrillation
- Effective basic life support with advanced life support intercept
- Integrated post-cardiac arrest care

AHA Chain of Survival

- Community Leadership
- On-Going Community Awareness Campaign
- Community Blood Pressure Control Program
- CPR & AED Training
- Public Access AED Locations
- EMD Dispatching Program
- EMS Services
- Hospital Services
- Cardiac Ready Community Program Evaluation

Criteria

Analyze the Community's Situation

- Do major public gathering places have AEDs available and staff trained in CPR?
- EMS Response time. Any frequently prolonged areas?
- Where is the nearest hospital?
- Percentage of population trained in CPR
- Does an organization offer preventative screenings such as blood pressure screenings?
- Survival rate in the community from cardiac arrest?

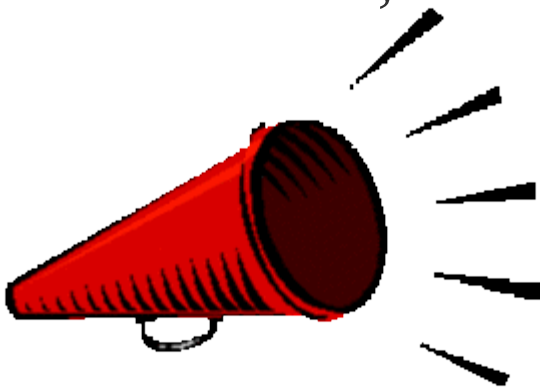
Build Support Team

- City Council
- EMS, Fire, & Police
- Nurses
- Hospitals/Clinics
- Elected Officials
- Dispatch or Public Safety Answering Points (PSAPs)
- CPR Instructors
- Chamber of Commerce
- Public High School Administration
- Major Employers
- Cardiac Arrest Survivors

Information Meeting

- Each community has unique needs and challenges
- Discuss community's goals and the criteria the community needs to achieve
- Solicit ideas for implementation

- Public Education
- Use ads, newspaper, radio, television, church bulletin, flyers
- Community effort



Immediate recognition of cardiac arrest and activation of emergency response system

- Available free through ND Dept. of Health and the American Heart Association
- Be Creative!
- Focus attention on areas where mass amounts of the population will see the message.

Public Education Materials

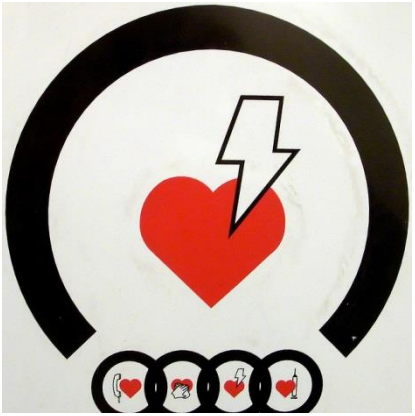
- Offer variety of CPR class levels
- Educate public on what automated CPR devices are (example: LUCAS)

Early CPR with emphasis on high quality chest compressions

CPR in High Schools

- Make sure the middle and high school students are trained
- Reimbursement is available –Senate Bill 2013
- School districts and nonpublic schools can receive reimbursement for providing CPR and AED training to high school students during the 2015-2016 and 2016-2017 school years
- The reallocation of funds eliminated the requirement for any in-kind or match funds
- Provides great benefit and will increase number of CPR-ready individuals in our communities & a great way to expose students to the health care profession
- Now part of the curriculum in North Dakota for Physical Education
- See www.nd.gov/dpi for more information

- AED Placement in public places & high traffic areas
- Consider placement in churches
- Community must map location of AEDs
- Law Enforcement, Fire, and Highway Patrol should have AEDs
- Educate public on how to use them!



Rapid defibrillation

- Transport plan should include intercept with advanced life support
- Protocols for care of cardiac arrest

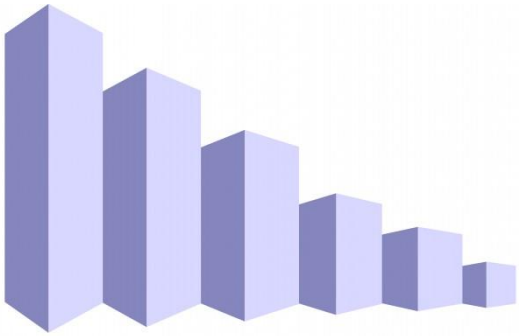
Effective advanced life support

- Hypertension is the leading risk factor for a cardiac or stroke event
- Educate the public on importance of knowing their numbers through checking blood pressure, lifestyle changes with physical activity and healthy food choices, and control through working with their healthcare provider

Community Blood Pressure Program

- Community works to fulfill criteria
- Keep record of events hosted, number of people participated, cardiac survival rates, and other data
- Need to evaluate effectiveness of the efforts
- Discuss what is working & what isn't

Implement & Track Changes



Designation

- Once a community fulfills the criteria a member of the ND Dept of Health assesses if the criteria has been met and designates the community as a Cardiac Ready Community or offers areas of improvement before designation will be given.
- Designation valid 3 years

References

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